

Shimmy Up!

Compte: 64

Mur: 2

Niveau: Intermediate - Belly Dance
Inspired



Chorégraphe: Suzi Beau (ENG) - January 2016

Musique: Butterflies - Karl Wolf

Alternative Turkish Pop Track: Tarkan : Adumi Kalbine Yaz (Ozinga Club Mix)

Intro: Start on Vocal

SECTION 1: CROSS SIDE SAILOR STEP, CROSS SIDE, BEHIND SIDE CROSS

- 1,2 Cross Right over left, step left to left side
- 3,4 Step right behind left, step left to left side, step right to right side
- 5,6 Cross Left over Right, Step Right to Right side
- 7&8 Step Left behind right, Step Right to Right Side, Cross Left over right

SECTION 2: SIDE ROCK BEHIND TURN STEP, STEP HOLD AND STEP BRUSH (CAMEL ROLL)

- 1,2 Rock right to Right side, revover on Left
- 3&4 Step Right behind left, Turn 1/4 Left stepping Left Forward, Step Right forward
- 5,6, Step forward Left, Hold (Camel roll tilting pelvis back, moving hips forward)
- &7,8 Step onto ball of Right foot, Step forward Left, Brush Right by left (tilting pelvis forward moving hips back)

Alternative: for ease, leave out the Camel and use snake arms.

SECTION 3: FORWARD ROCK BACK HIP LIFT, BACK HIP LIFT COASTER STEP

- 1,2 Rock Forward on Right, recover on Left
- 3&4 Step back on right, touch Left next to right with forward hip lift up, down (styling, using arms, place right hand first 2 fingers on right temple and hold left arm stretched facing the direction of your hip lift to the left diagonal)
- 5&6 Step back on Left, touch Right next to Left with forward hip lift up, down (styling, using arms, place left hand first 2 fingers on left temple and hold right arm stretched facing the direction of your hip lift to the right diagonal)
- 7&8 Step back on Right, step Left to Right, Step forward on Right

SECTION 4. STEP HITCH 1/4, CROSS HOLD & BEHIND HOLD & CROSS SHUFFLE

- 1,2 Step forward Left, Hitch Right turning 1/4 Left on ball of left foot
- 3&4 Cross right over left, Hold a beat, whilst holding your arms slightly out to the side palms facing down cheekily raise your shoulders up, down
- &5&6 Step onto ball of Left, Cross Right behind left, Hold a beat, whilst holding your arms slightly out to the side palms facing down cheekily raise your shoulders up, down
- &7&8 Step onto ball of Left, Cross Right over Left, step onto ball of Left, Cross Right over Left

SECTION 5: BUMP & STEP, 1/4 BUMP AND STEP, 1/2 STEP PIVOT 1/2 , 1/4

- 1&2 Step onto ball of Left foot, with left hip lift to the side up, down, step onto left
- 3&4 Turn 1/4 over Right shoulder, stepping slightly back onto ball of right foot, with hip lift up down, step back on Right
- 5,6 Turn 1/2 Left stepping Left forward, Step forward Right
- 7,8 Pivot 1/2 Left Step with weight onto Left, Turn 1/4 Left stepping Right to Right side

SECTION 6: BEHIND HOLD & CROSS FLICK, CROSS BACK SIDE HIP TWIST

- 1,2 Step Left Behind Right, Hold (Chest lift, up down)
- &3,4 Step onto ball of Right , Step forward Left, Flick Right foot
- 5,6, Cross Right Over Left, Step back on Left

7&8 Step Right to Right Side, Twist hips Right, Right left

SECTION 7. WEAWE, CROSS SIDE BEHIND SIDE, ROCKING CHAIR MAMBO STEP FACING DIAGONAL

1,2 Cross Left over Right, Step Right to Right Side

3,4 Step Left behind Right, Step Right to Right Side

5&6& Facing Right diagonal Rock forward on Left, Recover on Right, Rock back on Left, Recover on Right

7&8 Rock forward on Left, Recover on Right, Step Left to Right

SECTION 8. BACK POINT HIP LIFT 1/8, STEP POINT HIP LIFT, PADLE, 1/8 X2 WITH HIP ROLL

1&2 Step back on Right turning 1/8 right facing 9:00, Touch Left to left side with hip lift up down

3&4 Step forward Left, touch Right to right side with hip lift up down (arms styling can be the same as Section 3

5,6 Touch left forward, paddle 1/8 with hip roll forwards , arms out to the side

7,8 Touch left forward, paddle 1/8 with hip roll forwards , arms out to the side

Start again! Happy Dancing xxx

Contact: Suzibeu@mail.com
